

# Blues News

## February 2, 2012

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Congratulations to Mrs. Perry on the birth of "Charlotte Irene Rebecca Perry" born December 12th at 4:22 a.m. weighing 6lbs. 4 oz. and 18.5 cm long!  
A daughter for Laura & Andrew and sister for Bridget and Benjamin.

### Welcome to our International Students

From Korea-  
Sin Wook Park  
Su Gyung Park  
Seon Min Lee

From Colombia:  
Valentina Caviedes  
&  
Valentina Idrobo

SKATING  
FRIDAY,  
**FEBRUARY 3rd**  
Due to the storm  
days, the Blue &  
Purple Teams will  
go skating from  
8:35—9:45 a.m.

### Welcome

A huge "Harkins Welcome" to Mr. Philip Bremner who will be filling in for Mrs. Blakely-Doucette on the Blue Team and to Mrs. Youlanda Donahue who will be filling in for Mrs. Perry on the Green Team while they are off on maternity leave.

Welcome Back to Mr. Haché (Red Team) and to Mrs. Malley (Blue Team).

### Teacher and Staff Appreciation Week (see Page 4)

### TUTORIAL SCHEDULE

#### Green Team

Mrs. Donahue—Day 1, 2, 4 - (2nd lunch)—any students for extra help.

Mr. Menzies— Day 5 (12:25-12:55 p.m.)

Ms. Mitchell—Day 2 (12:25-12:55 p.m.) - PI French and/or Social Studies

#### Red Team

Ms. Beers—Day 3 and Day 4 at noon—Language Arts/Français

Mrs. Coughlan— Day 3, 4, and 5 from 11:55 to 12:25.

Mrs. Kingston—Math every Day 5 at 11:55 in Mrs. Kingston's classroom.

Angela Murphy—Math/Science Day 4 at lunch and Day 2 during Student Enhancement.

#### Orange Team

Mrs. Hamilton—Day 4 - Math—First half of lunch

Ms. Verner—Day 4—Language Arts (Social Studies homework and/or assignments)—Second half of lunch.

#### Purple Team

Ms. Barrieau—Day 1 and 3—Student Enhancement (1:40-2:10 p.m.)

Ms. Richardson—Day 4 and Day 5—Student Enhancement (1:40-2:10 p.m.)



### STARS OF MONTH

#### DECEMBER

Blue Team - Ethan Johnston  
Green Team - Joshua Benoit  
Orange Team - Kaycee Bass  
Purple Team - Kamryn Harris  
Red Team - Gabrielle Dubé  
Yellow Team - Shae-Lyn Mitchell

### STARS OF MONTH

#### JANUARY

Blue Team - Ryan Lamb  
Green Team - Hannah King  
Orange Team - Nolan Doak  
Purple Team - Kristy Vautour  
Red Team - Bethany Matchett  
Yellow Team - TBA



Harkins Middle Web Address  
[hms.nbed.nb.ca](http://hms.nbed.nb.ca)

Would you like to receive school messages via email?

Send your email address to us at this address.

[harkinsmessaging@nbed.nb.ca](mailto:harkinsmessaging@nbed.nb.ca)

### Valentine Social Friday, February 10th, Sponsored by the Red Team!

Interested in supervising at our Socials?

Just call the school at 627-4088 and leave your name and number.

Parents...Reminder that students must follow the Dress Code for school and socials. They will be asked to leave the social if dressed inappropriately. No dresses or skirts...capri pants, jeans, or slacks only.

Please check your child's Agenda for more info.

Time: 6:00 p.m. - 8:30 p.m.

Doors Open at: 5:55 p.m.

CANTEEN

NO LOCKER USAGE

Arriving at the social late? If a student arrives after 6:30, a parent/guardian must bring the student in. Leaving the social early?

If a student leaves early, the parent/guardian must come in and pick up the student.

ADMISSION: \$5.00 with student card (\$1.00 of this goes to a charity)

### Yearbooks—\$20.00

Prepay your Yearbook and ensure that a copy will be set aside for you in June.

You may pay anytime to the following teachers according to your team:

Blue/Purple—Mrs. Malley

Green—Mrs. Mutch

Orange—Mrs. Savage

Red—Ms. Beers

## From Mrs. Gilliss in the Guidance Center

### BULLYING AWARENESS - HELD DURING THE MONTHS OF NOVEMBER & DECEMBER

BULLYING IS A UNIVERSAL ISSUE THAT EFFECTS EVERYONE. THAT IS WHY IT IS EXTREMELY IMPORTANT THAT WE ALL WORK TOGETHER TO TAKE POSITIVE ACTION TO ELIMINATE BULLYING BEHAVIOR. STAND UP, SPEAK OUT AGAINST BULLYING!

MRS. GILLISS HELD SOME VERY SUCCESSFUL "BULLY AWARENESS CHALLENGES" THROUGHOUT NOVEMBER

**The challenges were fun and were aimed at helping us to work together to eliminate bullying behavior.**

The t-shirts from the Bullying Awareness Challenge #4 have been judged! The final results are:

Good (15 points each)— 6A, 7C, 8A, 8B, 8E2

Very Good (20 points each) - 6B, 6I1, 6I2, 7B, 7E, 8C

Outstanding (25 points each) - 7L1, 7L2, 8E1

This concludes our 4 Homeroom Challenges to help us learn and deal with the seriousness of bullying behavior. So WHO are the winners of the Pizza Party?

Overall results and effort from everyone was wonderful! The Homeroom class who earned the highest number of points was

MRS. PERRY'S 7B CLASS

(Lucky Mrs. Youlanda Donahue

Thank you to everyone who helps make our school a kinder place to be!

**WE ARE ALL WINNERS when we make our school a safe place to be!**

### Fun Fruit Kabobs

(You can use whatever

Ingredients: (Be sure to wash all fruit thoroughly.)

1 apple (cut into small squares)      1/3 c. green seedless grapes

1 banana (cut into chunks)              2/3 c. pineapple (cut into chunks)

1/3 c. red seedless grapes              1 cup non fat yogurt

1/4 c. dried coconut, shredded (or if you have an allergy, substitute with granola, nuts, raisins, or use your imagination!)

Utensils: Knife (ask for help from a parent when using a knife in the kitchen!); 2 wooden skewer sticks—(or just pick up with fork and dip without using skewers); large plate

Directions:

1. Prepare fruit on large plate. Spread coconut (or substitute in case of allergy) on another plate.
2. Slide pieces of fruit onto the skewer until stick is covered from end to end.
3. Hold kabob at ends and roll in yogurt so that fruit gets covered. Then roll in the coconut or substitute.
4. Repeat steps with other skewer(s) or just dip and enjoy without using any skewers at all!

Nutritional analysis (per serving): 141 calories; 3g fat (2 g saturated fat); 28g carbohydrate; 1mg cholesterol; 52 mg sodium; 103 mg calcium; .5 mg iron; 3g fiber

MMMMM — ENJOY!



In recognition of the bicentennial of the War of 1812, this year's heritage week theme is "War and Peace". New Brunswickers are being encouraged to celebrate their diverse heritage during Heritage Week 2012, which will be celebrated from Feb. 13th to 20th. National Flag of Canada Day will also be celebrated on February 15th, and National Heritage Day on February 20th. "The goal of Heritage Week is to provide opportunities to celebrate our shared past and our freedom." said Wellness Culture and Sport Minister, Trevor Holder. "This year, we have developed resources that highlight New Brunswick's military history in times of peace and war." The establishment of the 104th Regiment and its epic march to Kingston is one example of how New Brunswickers have left home to serve where needed." said Brian MacDonald, Legislative Secretary to the Premier, responsible for intergovernmental affairs and military affairs.

As part of this proud tradition, military members, aid workers, professionals and care givers have given generously of themselves to improve the lives of others."

Heritage Week 2012 Planning Kits are now available. Individuals and groups wishing to order one may contact the Department of Wellness, Culture and Sport, Heritage Branch by telephone at 1-506-453-2324 or by email at [heritage.week.@gnb.ca](mailto:heritage.week.@gnb.ca)

Heritage Fair at Harkins Middle School (under the direction of teacher, Ms. Jennifer Mitchell)—April 26, 2012 (District 16 date TBA). Students will begin their projects after March Break and will be receiving information at that time.

Congratulations on the excellent showing at the Salmon Tournament!

PeeWee AA Rivermen—Gold  
PeeWee AAA Rivermen—Silver

Well Done Boys!

**2012 Winners of the Remembrance Day Literary Contest**

**Julia Bent—1st Place—Poem (Junior Category)**

**Kennedy Bell—2nd Place—Poem (Junior Category)**

**Congratulations!**

The Purple Team teachers would like to take this opportunity to thank everyone who sold and purchased tickets on our Christmas Basket. It was a huge success, raising over \$650 dollars. The winner of our lovely basket was Delena Corey—ticket sold by Simone Walz.



Thank you to our local Frito Lay rep, Mr. Dale Morrison, and to Pepsico Canada for the most generous contribution of \$240. to Harkins Middle School as part of their National Volunteer Week effort.

**Teacher & Staff Appreciation Week**

will be celebrated at Harkins Middle School during the week of February 13th—17th.

Mrs. Peggy MacKay, our Home & School Advisor, is asking for your assistance. If anyone would like to help out by providing a “tasty treat” during this week, please call Mrs. Bass at

**624-9004 and leave a message.**

All that is required of you is that you deliver your “goodies” to the school.

DATES TO REMEMBER!	
February 3	Skating (Blue & Purple) 8:35—9:45 a.m.
February 10	Red Team Valentine Social (6-8:30 p.m.)
February 13—20	Celebrate New Brunswick Heritage Week 2012
February 14, 15, 16	Scholastic Book Fair in the Library (8:30—4:00 p.m.)
February 21	Canadian Math League Contest—Grades 6, 7, and 8
February 24	Minister's Exemption Day—NO SCHOOL ALL DAY
February 13 –17	Teacher & Staff Appreciation Week at Harkins Middle School
February 15	National Flag of Canada Day
February 20	National Heritage Day
March 1	Magic Show with Magician Rémi Boudreau
March 5-9	MARCH BREAK!
March 20	Report Cards Go Home
March 22	Parent-Teacher Evening (4:30—6:30 p.m.)
March 23	Parent-Teacher (9-11:30 a.m.)/PD p.m. NO SCHOOL ALL DAY
April 3	Tentative Date for 3rd HPV needle for Grade 7 girls
April 6/April 9	Good Friday/Easter Monday—NO SCHOOL
April 26	Heritage Fair at Harkins Middle School
May TBA	3rd HPV Needle for Grade 7 Girls
May 3/4	Subject Council for Teachers/NBTA for Teachers NO SCHOOL
May 21	Victoria Day—NO SCHOOL
June 23	Last Day for Students

**“THANK YOU” TO HARKINS MIDDLE SCHOOL**

The Staff & Students at Harkins Middle School work very hard to contribute to special causes and fund raisers both in our community and around the world. Some organizations that have acknowledged our donations are Miramichi Emergency Center for Women; Family & Early Childhood Education-Miramichi Region Adopt a Family for Christmas; Friend of a Child's Voice Foundation (Angel Hair for Kids); SPCA Miramichi Branch; UNICEF

Intervention Worker, Nancy Comeau, would like to congratulate Lexie Paul, Kelsey Paul, and Keaton Dedam for winning the “Toothpick Marshmallow Project” by constructing the letters “HMS”! They each win a meal to a value of \$5 from the cafeteria.

The following students have participated in the Babysitters Training Program at the Boys & Girls Club and received certificates of completion:

Lauren Henderson  
Leanne Jardine  
Lexie Peterson

**Scholastic Book Fair in the Library**



February 14th, 15th, and 16th  
8:30 a.m.—4:00 p.m.

**GRADE 8 SKI TRIPS****Red Team**—Sugar Loaf, Campbellton—February 17, 2012**Orange Team**—Poley Mountain, Sussex

February 22nd and 23rd (some students each day)

Our Grade 8 teachers are working very hard to organize these ski trips for their students, including fund raising to help with expenses.

**FEBRUARY IS HEART MONTH IN CANADA****Red Cross supports Heart Month in Canada**

February is Heart Month and the Canadian Red Cross would like to take this opportunity to remind Canadians about the importance of their heart health. Cardiovascular diseases, including heart disease, are the leading cause of death in Canada. Many such diseases can be prevented through a lifestyle that includes regular physical activity, a balanced diet, giving up smoking and maintaining a healthy body weight.

While it is advisable for everyone to take stock of their heart health, it is equally important to realize that medical emergencies such as heart attacks can and do occur every day. Being prepared to respond in the event of an emergency could be vital to a victim's survival. The Red Cross First Aid program offers comprehensive training that teaches essential life-saving skills using a hands-on approach and steps that are easy to learn, retain and perform.

Red Cross CPR and First Aid courses teach people to recognize the signs of a heart attack and how to act quickly and effectively in an emergency situation. If you see someone experiencing chest pain, nausea, or difficulty breathing, they could be having a heart attack.

Permanent brain damage can occur four to six minutes after breathing stops. Effective bystander CPR, provided immediately after cardiac arrest, can double a victim's chance of survival.

Knowing what to do in those critical minutes can save a life. Knowing how to help a victim of cardiac arrest could mean the difference between full recovery and permanent disability or even death. For over 50 years, the Canadian Red Cross has been a leader in First Aid and CPR training. Over 350,000 Canadians receive training each year, gaining the knowledge, confidence and skills to deal with emergency situations and prevent injuries. For information on First Aid, CPR or Automated External Defibrillation (AED) courses in your area,

visit [www.redcross.ca/firstaid](http://www.redcross.ca/firstaid), or call 1-877-356-3226.

**Harkins Middle School is a NUT SAFE SCHOOL**

**This means that some students have life-threatening allergies to all nuts (not just peanuts). Please ensure that no nut products of any kind are brought to school with your child, which includes such peanut butter substitutes as "Wow" butter.**

**BRR! COLD WEATHER FACTS YOU SHOULD KNOW**  
Reminder to parents and students about dressing for the cold weather! When the temperature falls between -18 and -28, it only takes 5 minutes for exposed skin to freeze! If the temperature is below -28, it only takes 1 minute for skin to freeze! It's very important to take extra precautions to protect your face and hands.

That's not enough! Please wear your winter coat, hat, and mitts or gloves. Layering your clothes also helps...that means to wear a shirt, then a sweater and/or a hoody, then your warm winter coat on top! **Parents, please encourage your child to dress for the weather! Sometimes they**

**Sports Shorts!****Hoop Season in Full Swing**

Varsity Girls came away "Champions" at the Dr. Losier Invitational Middle School Basketball Tournament held at Dr. Losier in December!

Varsity Boys' are having a very successful year to date with stats at 11 and 1 (11 Wins/1 Loss)!!

In the event of an early dismissal/storm day closure, for the most part, students travel home on the same bus that they arrived at school on. Call the District Office for information on Storm Days at 778-SNOW (7669).

**"Blues News Ticket to Win"!!**

Once you and your son/daughter have read this newsletter, please sign this ticket, cut it out, and have your child return it to the Homeroom Teacher by Wednesday, February 8th. One lucky ticket will be drawn for a movie pass!

**My child and I have read the February Issue of Blues News.**

Student: \_\_\_\_\_ Signature of Parent/Guardian: \_\_\_\_\_

**Find us on the Web at**  
**[hms.nbed.nb.ca](http://hms.nbed.nb.ca)**

**-Need Homework? Please call the office by 9:30 a.m. and advise whether you will pick it up between 3-4 p.m. or want it sent home with another student.**